|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |  |
| --- | --- |
|

|  |
| --- |
| http://files.constantcontact.com/bd1ce8df501/49d83e0d-4a05-49c3-bb3b-7f417d6cd567.jpg |

 |

|  |  |  |  |
| --- | --- | --- | --- |
|

|  |  |  |
| --- | --- | --- |
|

|  |  |
| --- | --- |
|

|  |
| --- |
|  |

 |

 |

 |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|

|  |  |
| --- | --- |
|  | http://files.constantcontact.com/bd1ce8df501/80655e3f-17bb-40ab-ba91-4242938ab551.jpg |
|  |  |

**2018 Summer Events at New Beginnings** **New Beginnings Alumni Association****Annual Bike Run**109 North Shore Drive, Waverly, MN 55390Saturday July 14, 201810:00 am to 2:00 pmPlease contact Scott P. - 320-420-1830 **Annual Alumni Picnic**109 North Shore Drive, Waverly, MN 55390Sunday, July 15, 2018  11 am-3 pm**Guest Speaker**: Tyler A. – Twin Cities **Alumni Speaker Dinner**Saturday, August 4thSpeaker: Geno H.**﻿2018 ANNUAL GOLF SCRAMBLE****NBM ALUMNI ASSOCIATION****11th ANNUAL GOLF SCRAMBLE****Location:** Fox Hollow Golf Club 4780 Palmgren LnSt Michael, MN 55376**$75 Individual:** 18 holes, cart, goodie bag, dinner, and fellowship **Date:**       August 19th, 2018 **Time:**      1 pm – Shotgun start                   5 pm – Dinner/Prizes |
| golf_event3.jpg |

 |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|

|  |  |
| --- | --- |
|  | http://files.constantcontact.com/bd1ce8df501/45b4aa19-8116-4c9d-8529-3ec44b230de0.jpg |
|  |  |

**Get Involved in Your Own Recovery**Getting involved with recovery is a key element in my life. Once I got busy in recovery my life started to change and it is amazing. I no longer sit on the sidelines wondering how or why recovery works for others and not me. At one of my first AA meetings it was suggested to work the 12 steps, go to meetings, get a sponsor and help others. So, I got busy doing what was suggested. A perfect start for me to help others was becoming an active part Alumni Association. I continue to participate in the events, help with set up & clean up, attend the board meetings, visit with the patients and newcomers and have fun in the process. A huge bonus of being sober is, I get to work at NBM alongside a fabulous team of men and women whose passion is to help those addicted to alcohol and drugs. I encourage patients to get involved with the Alumni Association by inviting them to come to the 12 Step Workshops, Fishing Bash, Annual Picnic, Recovery Weekend at Itasca State Park, Holiday Party and the monthly Speaker dinners the first Saturday of the month. Some of the results I see are new alums returning with their families, receiving medallions, watching them help others and making friends. Finally, before they even realize it, they are actively involved their own recovery. Come join us! It’s free, it's fun and it's home.Gratefully,Liz Weinauer, Alumni Coordinator Office: 763-658-5800 x 1513 Cell: 651-245-4272alumni@nbminnesota.com |
| http://files.constantcontact.com/bd1ce8df501/e8c9d52d-f001-4355-a3a4-6435181cfbb7.jpg |
| **Outpatient Programming Guide****New Beginnings MN Eagan** 3470 Washington Avenue, Suite 165 Eagan, MN 55122 Phone: 651.454.2248 **New Beginnings MN Minnetonka** 11900 Wayzata Blvd. #100Minnetonka, MN 55305 Phone: 612.454.2012 **New Beginnings MN Stillwater** 1825 Curve Crest Boulevard, Suite 103 Stillwater, MN 55082Phone: 612.326.7584 or 651.351.9325 **New Beginnings MN University**1821 University Ave West, Suite N385 St. Anthony Park Saint Paul, MN 55104 Phone: 612.326.7602 or 612.326.7587 **New Beginnings MN St. Anthony Park- Latitudes**1821 University Ave West, Suite N385St. Paul, MN 55104 Phone: 612.326.7602 **New Beginnings Elk River** 19230 Evans St NW, Suite 203 Elk River, MN 55330 Phone: 612.454.2011 or 612.248.1455 **New Beginnings MN Litchfield** 114 North Holcombe Litchfield, MN 55355Phone: 320.693.2461 or 320.693.2461**New Beginnings MN** **Olivia** 104 So. 4th Street Olivia, MN 56277 Phone: 320.693.2461 **New Beginnings MN Worthington** 1680 Airport Road Worthington, MN 56187 Phone: 507.376.3916 or 507.376.3916 **New Beginnings MN St. Peter** 320 Sunrise Drive, Suite BSt. Peter, MN 56082 Phone: 507.931.0918 o 507.931.0918 |

***Mission Statement*** The Alumni Association is a non-profit organization. We function solely to provide sober support for clients and their families who have completed treatment at New Beginnings. We are here in the spirit of fun and fellowship to celebrate recovery, share it with each of you, provide contacts for clients graduating treatment and to provide opportunities for service to all alumni.  [**www.nbminnesotaalumni.org**](http://www.nbminnesotaalumni.org) |

|  |
| --- |
| **Staying Sober & Showing Up!**When I entered treatment, all of my relationships were in ruin. As I prepared to leave New Beginnings with a release date, I came to realize I had no place to go and there was only 2 days of treatment remaining. Quite frankly, I did not want to return home or live in my son's basement.Time and time again, God provides. A bed at a sober house opened up and I signed a 6-month agreement. Guess what? It was a basement bedroom which I shared it with another recovering alcoholic and I was living in a house with 8 recovering addicts. My full intention was to stay 3 months, pay the landlord rent for the other 3 months and return to my life. Well, as my time at the sober house progressed, I started to learn how to live sober, and found I was having fun. My intention to leave turned into a desire to stay. My 3-month plan became a 19-month blessing. As I worked the steps, my relationships started mending and I returned home.Critical to my recovery was the decision I made to return to New Beginnings and get involved with the Alumni Association. I started showing up each month and offering to help, doing what I was asked to do. I was enjoying myself and smiling the entire time. I knew I needed to be connected to the Alumni Association to stay sober. I kept showing up, I made friends and helped others. And here we are 9 years later, and I'm still sober and still showing up.Bob B. |
| **Memorial Day Fishing Contest**The Alumni Association sponsored a Fishing Contest for the men over Memorial Day Weekend. There was a lot of fish caught and a lot of fun had by many. A new fishing pole & reel was the prize for the first catch of the day. Cash prizes were awarded for the largest fish overall & for a bass, perch, northern & sunfish. There were plenty of "fish" stories and great fun. Thank you to the Alumni!On the women's campus over Memorial Weekend they had game contests. They played horseshoes, board games and had a blast. There were prizes awarded as well as 12 packs of soda. Thank you to Stephanie & Kristy **Board Members** Mike W. - President Michel R. - Vice President Bob B. - Treasurer Lisa S.M. - Secretary Alumni - Communications Jeff R-ASD Set up Callie C- Sunday SpeakerMike W.- Sunday - SpeakerBob W. - ASD SpeakerVolunteer - RegistrationVolunteer - OutreachCallie C. - MerchandiseLiz W., Alumni Coordinator Office: 763-658-5800 x 1513Cell: 651-245-4272 Email:alumni@nbminnesota.com   |
| http://files.constantcontact.com/bd1ce8df501/02c6dc8c-1d56-471c-9cb4-d4961e179c60.jpg |

http://files.constantcontact.com/bd1ce8df501/5ff55180-b990-4ea3-af0e-641b60b3dc29.jpg |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |

|  |
| --- |
|  |
|  |

|  |
| --- |
|  |

 |

|  |  |
| --- | --- |
|

|  |
| --- |
|  |

 |

 |

 |

 |

 |

 |